



2024

BIRTH PLANNING WORKBOOK

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YOUR BIRTH PLAN

At Philomena Birth, our primary goal is to help families approach birth with confidence. This workbook will help you confidently create a birth plan that uniquely meets your needs before, during, and after birth. The questions in this workbook will get you comfortable identifying the kind of support you will ask of your labor team (doctors, nurses, doulas, partner).

Please answer these questions as honestly and openly as possible. This is a free writing exercise, so try not to edit yourself. You will most benefit from this workbook when you write the fullest and truest answer that comes to mind for each question.

As you self-reflect and write down your answers, you will uncover your fears, hopes, and beliefs around birth, pain, comfort, and labor support. This new level of self-awareness will help you communicate the specific care you will need from your team.

Not all of these answers will end up in the birth plan document that you share with your team. However, all of these answers will equip you to initiate important conversations as a confident mother.



What makes you most excited about giving birth? Which aspect of birth makes you feel most confident?

Are you comfortable asking for help when you need it?

Do you feel comfortable asking your doctors questions? What do you think could help improve your relationship with your doctors?

How have you and your partner worked through difficult moments as a team? How does your partner best support you?

What helps you feel safe? Think about a moment when you felt safest and most supported. Please describe that moment.

Think of a difficult moment you overcame in your life. What helped you get through it?

Think of a moment in your life where you felt strongest. Please describe that moment.

What brings you the most comfort or pleasure?

Can you visualize birth without visualizing pain?

What number are you on the pain medication scale
(please see attached)?

Are you planning on using pain medication? Please
explain why or why not.

What part of the birthing process do you think you
understand the least?

What kind of stories have you been told about birth?
What is the vision of birth that you carry with you?

What makes you most scared about giving birth? Would you say you fear birth?

Have you experienced any trauma, sexual or otherwise, that you are worried may impact your birth? What can your support team do to help with this?

If you could choose your dilation upon hospital admission, what would it be (e.g. between X cm – X cm)?

Aside from a healthy baby and healthy mom, list your top 3 priorities for this birth.

What do you think is going to help you best prepare for giving birth?

CUSTOMIZABLE
**BIRTH PLAN
TEMPLATE**



BIRTH PLAN TEMPLATE

Most of your answers from the Birth Planning Workbook will not be included in the Birth Plan you share with your care team. However, the answers will help you prepare for birth and facilitate conversations with your care team and birth partner.

You might have a lot of questions about creating your birth plan: Who should I share it with? How long should the plan be? What should I include?

I suggest writing your birth plan around 35 weeks. Afterwards, bring a copy of the plan to your 36-week appointment, so you can discuss your needs and expectations with your midwife or OBGYN.

Our rule of thumb is: keep it short! Limit your birth plan to one page. You'll begin with a few sentences that introduce you to the medical staff, followed by bullet points that give the medical team a vision of the care and support you are seeking.

The most helpful birth plans emphasize what you **want** rather than what you **don't** want. Example: Instead of saying, "I do not want baby to go to the warmer after birth," you can say, "I would like to do immediate skin-to-skin after birth."

Important Elements to Include:

Labor and Birth

- Who will be in the room with you? Are you okay with residents and students being present for your labor?
- Are you planning on using an epidural or any pain medication? (A good way to word this is "Please do not offer me an epidural. I will ask for it if I need it" or "My goal is to reach 5 cm before getting an epidural.")
- How would you like the birth room to feel? (Lights dimmed, your own music playing, birth affirmation hanging on the wall, wearing your own clothes.)
- Do you plan on using natural pain management techniques like movement? ("I would like to have freedom of movement and encouragement to change positions. I welcome all suggestions for positions and natural coping techniques.")
- Would you prefer intermittent monitoring or wireless monitors? ("If labor remains low-risk, I'd like intermittent monitoring. If wireless monitors are available I would prefer them.")
- Are there certain positions you would like to move into while pushing? Would you like to use any tools that the hospital has for pushing (i.e. mirror, squat bar)?
- Would you like to do delayed cord clamping, or are you doing cord blood banking?
- Are you planning on keeping your placenta, or would you like your midwife or doctor to show it to you?

Important Elements to Include:

After Birth

- Do you plan to breastfeed?
- Would you like to do immediate skin-to-skin contact?
- Are you planning on rooming-in with baby?
- Are you planning on doing all the new board procedures?
- When do you plan on doing the first bath?

THE MONMOUTH FAMILY'S BIRTH PLAN

Mother-to-be: Mrs. Monmouth
Partner: Mr. Monmouth
Support person: Doula

Practitioner: Dr. Kind
Due date: 04/04/2024
Place of birth: Best Hospital

My goal is to have a low-intervention birth. I have taken childbirth education classes and hired a doula to help me with this. I feel prepared and confident. I know that birth can unfold in many different ways. Please keep me informed about all medical decisions. I appreciate your support.

Labor and Birth

- I would like the lights dimmed, our own music playing, and to wear my own gown.
- Please do not offer me an epidural. I will ask for one if I feel I need it.
- I prefer intermittent monitoring or wireless monitors.
- Essential medical staff in the room only. Please no residents or students.
- I would love suggestions for positions and natural comfort measures.
- I would like to push in an up-right position, using a squat bar and a mirror to help guide me.
- Delay cord clamping for at least 2-3 minutes.
- We plan to keep our placenta.

Post-Birth and Newborn Care

- My partner plans on cutting the umbilical cord.
- Immediate uninterrupted skin-to-skin for at least 1 hour.
- I plan on breastfeeding and appreciate any help or advice you may have.
- Delay the first bath for 24 hours.
- We plan to do Vitamin K, but DO NOT plan on doing Hep B or eye ointment.
- Would like to room in with baby.